

Rituals for Morning Devotion

RECOMMENDED RITUALS	Hmm..what I commit to do
Open your eyes...peek at the sky...stretch	Bask in the weather—sunny or cloudy, find joy in it
Reflect	Let the new day wash over you and be grateful for it...consider waking earlier
Praise God for who He is	Reach for words of praise—Psalms, songs
Listen to the song in your heart/on your Playlist...Hum or sing	Learn to sing/play a new morning hymn
Pray	With gratitude, ask God to go before and grant you wisdom
Spend a few moments in the Word—read. Your choice	Keep a reading list of devotionals, Bible passages or a Sabbath School Quarterly
Pray—ask God to keep you from evil and order your steps	Ask God to protect you and your loved ones, and to bless your endeavors this day
Yield to God's will—let go of your schedule, follow his leading	Identify one thing you feel inspired by Holy Spirit to accomplish
Meditate	Pray for difficult people in your life, ask God to give you love for them
Sit with the Holy Spirit and hear Him	Be still, let your heart open up and listen